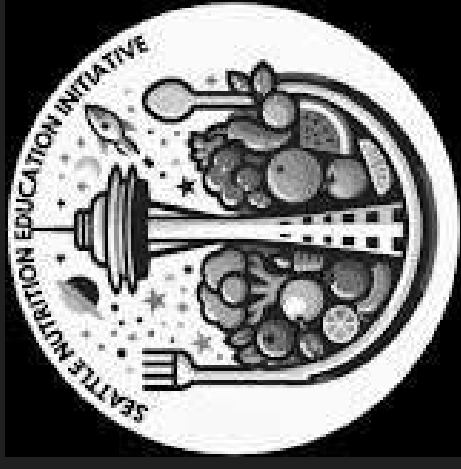



Nutrition in Older Adults

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Adapting to Metabolic Changes

- Metabolism slows with age, leading to lower caloric needs
- Nutrient requirements stay the same or increase
- Focus on nutrient-dense foods like vegetables, fruits, whole grains, and lean proteins



Prioritizing Nutrient Density

- Caloric needs decrease, but nutrient needs remain high
- Prioritize foods rich in nutrients over empty-calorie foods
- Limit intake of processed foods high in sugar and saturated fats



The Importance of Protein for Muscle Mass Maintenance in Older Adults

- Protein is essential for preventing muscle loss (sarcopenia)
- Older adults may benefit from increased protein intake
- Include lean meats, fish, dairy, legumes, and plant-based protein options



Key Vitamins and Minerals for Healthy Aging: B12, Vitamin D, and Calcium

- Vitamin B12 absorption decreases with age; fortified foods or supplements may be needed
- Vitamin D and calcium are crucial for bone health
- Consider supplements or fortified foods to meet daily requirements



The Role of Fiber in Promoting Digestive and Cardiovascular Health

- Fiber aids digestion and prevents constipation
- Helps lower cholesterol and reduces the risk of heart disease
- Include whole grains, fruits, vegetables, and legumes to meet fiber needs



Dietary Patterns to Manage Chronic Diseases in Older Adults

- Common chronic diseases include heart disease, diabetes, and hypertension
- Dietary patterns like the DASH or Mediterranean diets are beneficial
- Emphasize fruits, vegetables, whole grains, lean proteins, and healthy fats



Preventing Dehydration and Maintaining Health

- Reduced sense of thirst increases the risk of dehydration
- Regular fluid intake is crucial for preventing dehydration-related complications
- Include water, hydrating foods like fruits and vegetables, and soups



Physical Activity and Its Role in Healthy Aging

- Physical activity helps maintain muscle mass and bone strength
- Light to moderate exercise can improve cardiovascular health and prevent muscle loss
- Pairing a healthy diet with regular activity supports aging well



Personalizing Nutrition Plans for Older Adults with Chronic Conditions

- Chronic conditions require tailored nutrition plans (e.g., diabetes, kidney disease)
- Plans should consider specific health needs and medications
- Personalizing diets optimizes health outcomes in older adults



Nutritional Strategies for Osteoporosis Prevention

- Adequate calcium and vitamin D are critical for bone health
- Include dairy, leafy greens, and fortified foods in the diet
- Consider supplements, especially with limited sun exposure



Social and Environmental Factors Affecting Older Adults' Access to Healthy Food

- Income, access to grocery stores, and living conditions impact food choices
- Older adults in "food deserts" may struggle to access fresh, healthy foods
- Programs like Meals on Wheels can help provide balanced meals



Preventing Malnutrition in Older Adults Through Dietary and Lifestyle Interventions

- Malnutrition is common among isolated or low-income older adults
- Signs include unintended weight loss and fatigue
- Encourage social meals, simplify meal prep, and provide access to nutrition services